

## How to have a healthy heart

World Heart Day is coming up on 29 September. Here are some simple things we can do to keep our heart in good shape.

- Drink water instead of sugary drinks.
- Eat more fruit and vegetables.
- Limit salt, sugar and processed foods.
- Eat more wholegrain foods that are high in fibre, including wholemeal bread or pasta.
- Eat healthy fats and lean protein like olive oil and beans.

Other tips for a healthy heart include:

- Be active every day.
- Say no to smoking and vaping.
- Reduce stress.

For healthy recipes on a budget, [click here](#).

Visit the [Heart Foundation website](#) for more information about healthy living.



LEARN MORE >

Get involved in [World Heart Day](#)

## Spring into getting active with your friends



For more active play ideas to enjoy with your family, [click here](#).

The longer days and warmer weather make spring a fun time to get active with your family. Put on your walking shoes, and come and enjoy these free and affordable activities near you:

- **Parkwalk at parkrun:** These fun events run in Campbelltown, Chipping Norton and Casula every Saturday. For locations near you, [click here](#).
- **Learn to bike ride:** Pedal down to Campbelltown Bicycle Education Centre for free open days on Sundays and during the school holidays. [Read more](#).
- **Gyms in Parks:** Enjoy the walking tracks and outdoor fitness equipment. Visit Terone Park, Bossley Park, on Mondays and Wednesdays and Prospect View Park, Smithfield, on Tuesdays and Thursdays, from 9.30am-10.30am. [Learn more](#).



# Healthy Family Bulletin

## A is for antenatal care - First 2000 Days of Life series

Pregnancy care is an important part of having a baby. The check-ups you have during your pregnancy can support you and give your baby a good start to life. These appointments are part of your antenatal care. They include visits to your GP, midwife and health care team. Antenatal care can help you:

- Identify any health problems or risks in your pregnancy early so they can be treated sooner.
- Ask questions about your pregnancy, body changes, birthing and breastfeeding.
- Get advice about healthy eating, wellbeing and quitting smoking or vaping.

Women in south west Sydney can start their antenatal care by Booking In My Pregnancy, [here](#).

Once your pregnancy is confirmed, you are encouraged to visit your GP or a midwife as soon as possible. Women are recommended to have their first appointment at hospital before 13 weeks pregnancy. [LEARN MORE](#)



You're invited to a Maternity Service Open Day at **Bankstown-Lidcombe Hospital** on 21 September, from 10.30am to 1.30pm. For other maternity open days near you, [click here](#).

**Series: Next month - B is for brain development.**

## Tip of the month: Get the most out of screen time



For more screen time tips, [click here](#).

Too much screen time can be bad for your health so consider these tips to help your family get the most out of their online use.

- Set screen time rules as a family and include children in the process so they stick to the rules.
- Monitor what your child is watching online and check it is safe and appropriate.
- Create phone-free zones at home. Limit screens to shared family areas to check what your child is viewing.
- Set some screen-free times each day and get active as a family. Play board games indoors when it's raining.
- Be a good role model.
- Be realistic. Screens are part of our lives so cutting back over time can help to get children onboard.





# Healthy Family Bulletin

## Cook up some lunchbox treats for your family



Popular chef Adam Liaw is inviting everyone to celebrate Multicultural Health Week on 2 to 8 September. Adam has created four tasty family lunchbox recipes for school, work or a day out. The recipes include sushi sandwiches. You can use your leftovers to make sushi sandwiches.

### Sushi sandwiches

**Serves:** 1

**Preparation time:** 10 minutes

**Ingredients:**

- 1 sheet of nori per sandwich.
- 1 cup of cooked rice per sandwich.
- 3/4 cup mixed salad vegetables, leftovers or your favourite filling per sandwich.



**Method:**

- Place a sheet of nori on a piece of plastic wrap on a cutting board with the shiny side facing down.
- Spread half a cup of rice in a 10cm square.
- Top the square with filling and cover with the remaining half cup of rice. Fold the corners of the sandwich into the centre to create a square.
- Wrap plastic around the sandwich and leave for at least 10 minutes. Use a sharp knife moistened with cold water to cut the sandwich in half.

## What's on



## Join the Aboriginal Super Nans

**STEPtember:** 1-30 September. Join in.

**Women's Health Week:** 2-6 September. Read more.

**Walk to Work Day:** 6 September. Take part.

**R U OK? Day:** 12 September. Get involved.

World Sexual Health Day will be held on 4 September.

Aboriginal Super Nans are powerful role models in the community. We are inviting them to be part of an exciting new project run by our Health Promotion Service.

The Super Nans will offer young people a culturally safe place to yarn about safe sex and healthy relationships. They will receive training, support, fact sheets and gift cards for attending public events. To learn more, contact HARP Health Promotion Officer Lucy Hobbs at [lucy.hobbs@health.nsw.gov.au](mailto:lucy.hobbs@health.nsw.gov.au) or phone (02) 8738 5911.

